

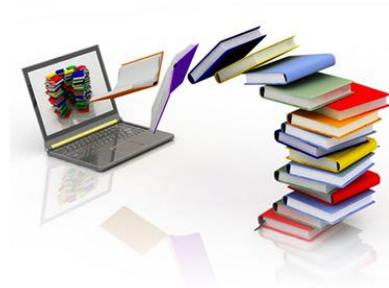
What Does An Elementary Counselor Do?

Social and Emotional wellness is key to academic success. My job is to support your child in reaching their highest potential and attaining transferable skills through their academic, social/emotional and career development. I do so in numerous ways which include:

- Provide immediate short-term counseling when needed.
- One-on-one or small group targeting social, emotional, and academic issues.
- Provide information and resources to help your student succeed at school.
- Collaborate with teachers and staff to support with any student's needs.
- Work with the community to provide you with extra supports and appropriate referrals.
- Develop and deliver classroom presentations that teach skills for achieving success.



Online Resources



Empowering Parents:

- <http://www.empoweringparents.com/>
- <http://www.thenedshow.com/parents.html>
- <http://www.pbs.org/parents/>
- <http://www.thenedshow.com/parents.html>

Separation Anxiety:

- <http://www.helpguide.org/articles/anxiety/separation-anxiety-in-children.htm>
- <http://www.pbs.org/parents/education/goi-ng-to-school/back-to-school/transition/>

Internet Safety:

- http://kidshealth.org/parent/positive/family/net_safety.html

Violence Prevention:

- <http://www.ncpc.org/topics/by-audience/parents>

Association of School Counselor's Parent Resources:

- <http://www.schoolcounselor.org/magazine/category/for-parents>

Your School Counselor Is Here to Help!



Nancy Arevalo

San Cayetano Elementary



Frequently Asked Questions

How does my student get referred to the counselor?

Students can be referred for counseling by the teacher, principal, or staff. If a parent would like to request counseling, parent must first talk to the teacher and determine if the student is suitable for school-based counseling. Parent request forms are available in the main office and school's website.

How long does the school counselor see the student?

Sessions will be held once a week, weekly, or biweekly for six weeks. Sessions will be 30 minutes or as needed in individual or group setting.

How do I get referred for outside services?

The school counselor can provide information regarding local counseling agencies to assist children with difficulties (e.g. divorce, death of a loved one, deployment, etc.) that are not affecting the child at school.

What are the parameters around confidentiality?

Confidentiality is an important aspect of counseling; this is how the counselor builds trust with the student. The counselor will share information if: (a) the child is in imminent danger, (b) the child is threatening to harm him/herself or someone else, (c) the child reports an incident of abuse and/or neglect, or (d) the child gives permission to disclose.

How can I get a hold of the counselor?

The counselor is available during school hours. You can reach them by contacting the school office.

School Counseling Program

Mrs. Arevalo is dedicated in providing a counseling program that addresses all tier levels and supports the ASCA National Model domains.

Academic Development:

- Goal Setting
- Organization
- Study Skills
- Time Management

Social/Emotional Development:

- Bullying
- Conflict Resolution
- Making and Keeping Friends
- Coping Skills

Career Development

- Explore Careers/Interests
- College Exploration/Exposure
- Self-awareness

NED Pledge

NED Pledge is implemented school wide to teach students transferrable skills that would help them succeed in school and in life.

